



**What to bring when having your baby
at Guelph General Hospital**

Checklist for Mom:

Ontario Health Card and other Insurance information	
Medications you take regularly in labeled pharmacy containers	
Large sanitary pads; enough for three days and nights	
Clothing for yourself (i.e. slippers, socks, nightgowns, pyjamas, underwear, and bra without an underwire)	
Nursing pads for breastfeeding mom (optional)	
Personal care items (i.e. toothbrush, toothpaste, deodorant, soap, shampoo, conditioner, lip balm, etc)	
Pens to fill out forms and for keeping track of when baby feeds	

- If you bring food to place in the pantry located across the nursing station, please label with your name
- **Please note the hospital DOES NOT supply the following items: DIAPERS, PADS, AND MESH UNDERWEAR**

Checklist for Baby:

Newborn size diapers (approx. 25 diapers), Wipes, Vaseline	
Receiving blankets	
Several pairs of sleepers and clothes for hospital and for going home	
hats, mittens, and socks	
Safety approved infant car seat https://www.tc.gc.ca/eng/motorvehiclesafety/safedrivers-childsafety-car-time-stage1-1084.htm <ul style="list-style-type: none"> • Please familiarize yourself with the car seat prior to discharge; your nurse is unable to give advice because every car seat is so different. 	

Checklist for Other:

Extra pillows (there is never enough)	
Pyjamas, extra blanket and /or sleeping bag for partner	
Breastfeeding pillow (optional)	
Kleenex	
Camera, personal mp3/iPod	
Snacks for partner	
Phone charger	

- **Please DO NOT bring perfumes, latex, and lilies as some people have severe sensitivities or allergies**